

SC OBESITY STATE PLAN: Milestone Two

South Carolina Online Reporting and Evaluation System

2011
eat smart
move more
SCORES Annual Report

This report is a review of Options for Action Objectives and Activities submitted by the South Carolina Eat Smart, Move More (ESMM) partners who use the South Carolina Online Reporting and Evaluation System (SCORES) to record what is being done in local communities to address healthy eating and active living.



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TABLE OF CONTENTS

Introduction 2

Child Care/Preschool 3

Community 5

Faith..... 7

Health Care..... 9

School 10

Worksite..... 12

Conclusion 14

Recommendations 14

LIST OF GRAPHS

Graph 1: SCORES Reported Child Care/Preschool Objectives..... 3

Graph 2: SCORES Reported Community Objectives 5

Graph 3: SCORES Reported Faith Objectives 7

Graph 4: SCORES Reported Health Care Objectives 9

Graph 5: SCORES Reported School Objectives..... 10

Graph 6: SCORES Reported Worksite Objectives 12

INTRODUCTION

The South Carolina Obesity State Plan was developed around three long-term guiding milestones that steer progress towards improving the health of South Carolinians. To monitor progress in reaching these milestones, S.C. developed the *Evaluation Plan for the South Carolina Obesity State Plan* that includes core evaluation questions. The *2011 State of the State Report*, released July 2012, serves to document progress in reaching all three milestones as measured by a comprehensive set of evaluation questions.

This *ESMM South Carolina Online Reporting and Evaluation System (SCORES) Annual Report* is the companion document for the *2011 State of the State Report*. It provides more detailed information regarding Milestone 2, which addresses communities that support and promote the adoption of policy, systems, and environmental strategies to improve nutrition and increase physical activity. This progress is monitored according the following South Carolina Obesity State Plan Evaluation Question:

What has occurred on the local level to address policy, systems, or environmental change related to nutrition, physical activity, and obesity?

In South Carolina, Milestone 2 is guided by the Options for Action (OFA) framework. OFA provides setting-specific Objectives, Activities, and Tools for policy, systems, and environmental change strategies to address healthy eating, active living, and obesity prevention. SCORES is the reporting framework for OFA.

This report is not a comprehensive picture of all the remarkable work happening across the state; however, it serves as a brief snapshot of the settings, objectives, most frequently reported activities, and policy, systems and/or environmental changes reported in SCORES.

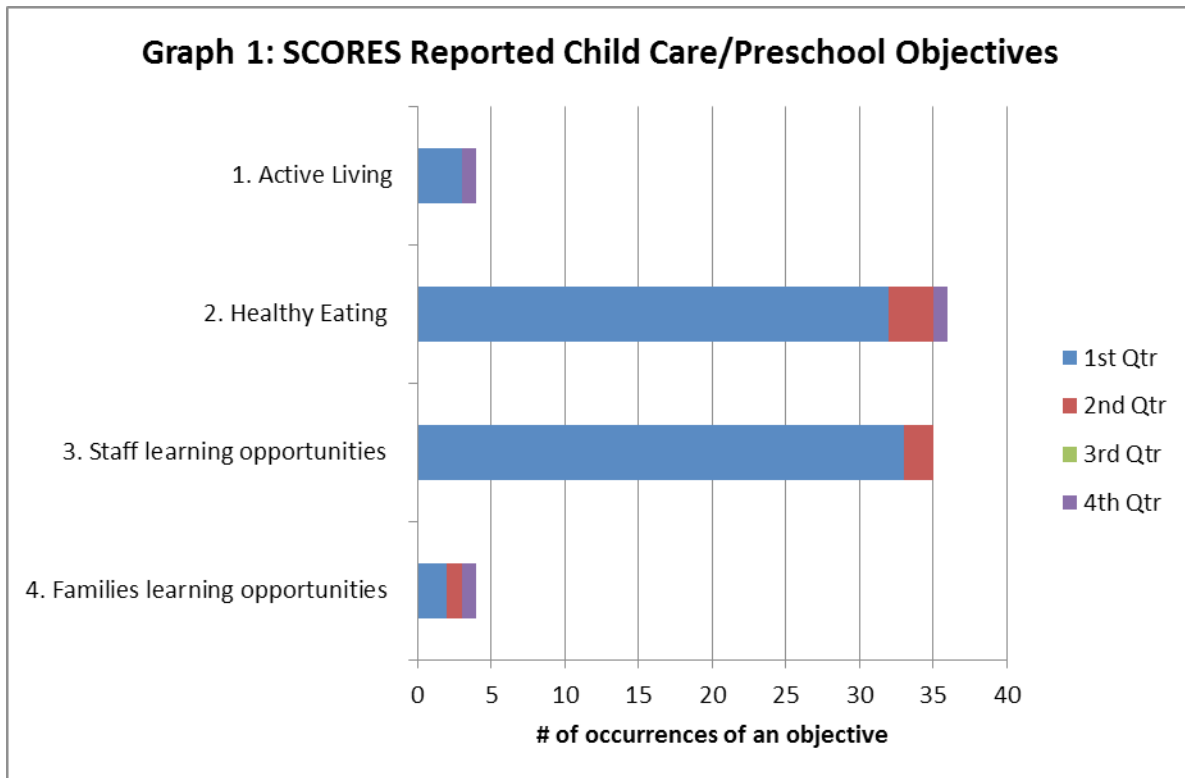
Partners of the South Carolina ESMM Coalition have been trained to enter their work into SCORES, and this report provides an overview of statewide activity as recorded by the active SCORES users. A total of 478 ESMM SCORES entries from January 1, 2011 – December 31, 2011 were reviewed for this report. Information entered by the active SCORES users was categorized to ensure it accurately represented the OFA Objectives and Activities as interpreted by the Department of Health and Environmental Control's Division of Nutrition, Physical Activity and Obesity.

The information captured in this report can be used to understand which settings are being addressed and the distribution of active living, healthy eating, capacity building, and educational activities that were initiated in 2011.

Highlights

- The Community setting accounted for the greatest number of objectives reported in 2011. The objectives for the Community setting were reported three times more than the School setting objectives, which accounted for the second greatest reported in SCORES.
- The Health Care setting accounted for the lowest amount of objectives reported in SCORES.
- Many activities addressed in the School setting reached both students and staff and therefore were accounted for in both the School and Worksite setting.
- Reporting varied throughout the year across all settings. Very few objectives across settings had at least one entry for every quarter.

CHILD CARE/ PRESCHOOL



The results for the Child Care setting show that the “Healthy Eating” and “Staff Learning Opportunities” objectives during the first quarter accounted for the greatest proportion of the 2011 report. The “Active Living” and “Family Learning Opportunities” objectives were reported the least. For all four objectives, there were fewer reports during the second and fourth quarters. There were no objectives reported during the third quarter. Assessments and trainings were the most reported action types in this setting, which coincide with the most frequently reported activities listed below. DHEC regional staff, LiveWell Greenville, and Team Nutrition were the active SCORES users that most frequently reported actions in the Child Care setting. The ending of the Team Nutrition grant period may explain the sudden reduction of reports in the Child Care setting after March 2011. There appears to be an opportunity to follow up with the assessment and training actions carried out in child care centers to determine if policy and environmental changes have been achieved in 2012.

Most frequently reported Activities by OFA Objective

Active Living

1. Incorporate movement activities into curriculum (n=4)
2. Teachers and staff model healthy behavior by participating in physical activity with children (n=4)
3. Provide structured and unstructured opportunities for physical activity, to include active play (n=2)
4. Implement the Nutrition and Physical Activity Self-Assessment for Child Care Centers (NAP SACC) (n=2)

Healthy Eating

1. Implement the NAP SACC (n=33)
2. Establish a vegetable and/or fruit garden (n=3)
3. Develop and implement guidelines for all foods and beverages served for meals, snacks, parties, and celebrations (n=2)

Staff Learning Opportunities

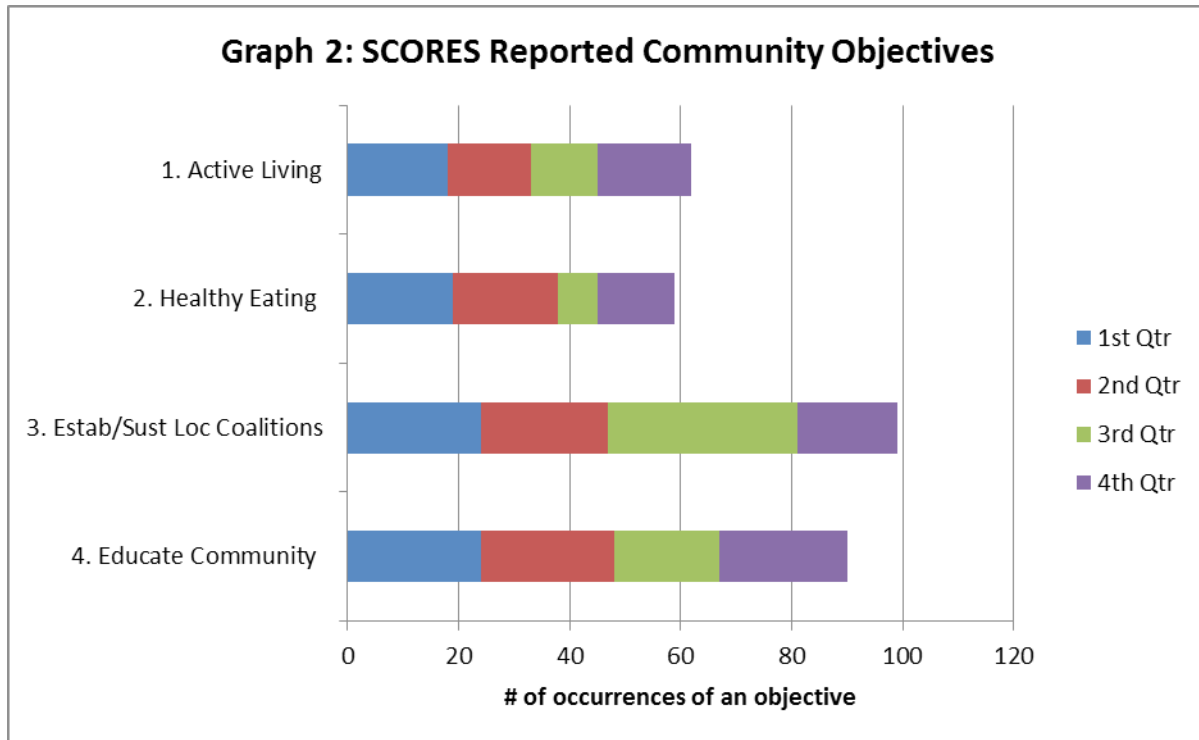
1. Provide training on and implement developmentally and culturally appropriate physical activity and nutrition curricula and educational programs (n=32)
2. Implement the NAP SACC process to determine training needs (n=9)
3. Provide training on the role of child care/preschool in obesity prevention (n=7)

Family Learning Opportunities

1. Integrate the topics of healthy eating, active living, and obesity prevention into existing parent education programs (n=3)
2. Include healthy eating and active living information through school communications, such as monthly meal calendars, newsletters, and back-to-school nights (n=2)
3. Provide families with tools and resources for healthy eating, active living, and obesity prevention (n=1)
4. Implement family activities that encourage healthy eating and active living, such as cooking demonstrations, school gardens, and family fun runs (n=1)

Policy, Systems, and/or Environmental Changes Adopted

1. 28 – Child Care Centers Completed the NAP SACC Process (Newberry Child Development Center, Beacon of Hope Child Development Center, Myers Nursery & Day Care Center, Lake Murray Montessori School, Care-A-Lot Daycare, Butler Head Start Center, Our Children Child Development Center, Laurel Bay Youth Development Center, St. John Head Start Center, Lamar Head Start Center, St. Joseph Head Start Center, M.G. Bruno Head Start Center, Trinity Corner Child Care Center, Aiken Head Start, Pee Dee Community Action Partnership R.N. Beck Head Start, Little Promises Learning Center, Children's Garden, Springville Head Start, Society Hill Head Start Center, Belvedere Early Learning Center, Northmister Early Childhood, Development Center, Fort Mill Preparatory Preschool, Unique Kidz, House of Smiles, Bedford's Stay and Play, Piedmont Community Action Head Start, Z.L. Madden Head Start Center, A Child's Haven, Inc.)
2. 2 – Child Care centers established a vegetable garden (Laurel Bay Youth Development Center and Fort Mill Preparatory School)



The Community setting accounts for the greatest number of objectives reported across all settings in 2011. All four objectives were reported in each quarter during 2011. Fifteen out of the 22 active SCORES users contributed to the report at the end of 2011. Specifically the objectives “Establish and Sustain Local Coalitions” and “Educate Community” were reported most frequently; however, objectives addressing “Active Living” or “Healthy Eating” contributed more than 55% of what was initiated during 2011. These results suggest an integral and sustained execution of objectives in the Community setting during 2011.

Most frequently reported Activities by OFA Objective

Active Living

1. Advocate for community planning and development that support regular physical activity opportunities in a safe environment (n=32)
2. Develop and implement guidelines for providing physical activity opportunities in afterschool programs (n=13)
3. Conduct a community physical activity policy, systems, and environmental assessment to determine priority areas for improvements related to physical activity (n=11)
4. Maintain and develop programming and facilities, such as parks and recreation programs, for physical activity for all age groups (n=11)

Healthy Eating

1. Establish a community vegetable and/or fruit garden (n=19)
2. Develop and implement guidelines for providing healthy food and beverages in afterschool programs (n=16)
3. Advocate for community planning and development that provide access and availability to healthy foods (n=10)

Establish/Sustain Local Coalitions

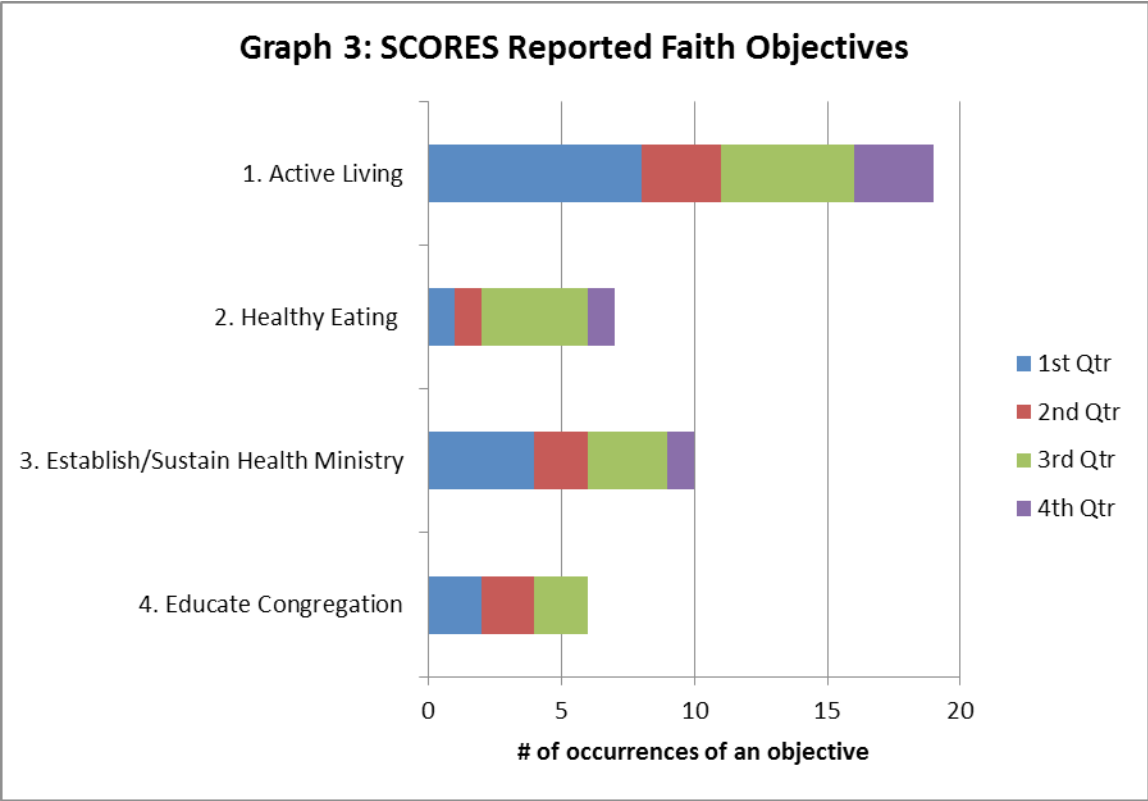
1. Convene a diverse group of community stakeholders and champions (n=67)
2. Develop a plan of action to address healthy eating, active living, and obesity prevention through policy, systems, and environmental change (n=33)
3. Establish a local Eat Smart, Move More chapter (n=33)

Educate Community

1. Establish and promote programming to address healthy eating, active living, and obesity prevention for all age groups (n=37)
2. Provide education on policy, systems, and environmental strategies to address healthy eating, active living, and obesity prevention (n=36)
3. Promote consistent messaging throughout the community utilizing the Eat Smart, Move More SC 7 Healthy Tips (n=33)

Policy, Systems, and/or Environmental Changes Adopted

1. 2 – Communities installed bike racks (Kershaw & Rock Hill)
2. 2 – Communities adopted Complete Streets resolutions (Camden & Walterboro)
3. 9 – Community Gardens (Healthy Greenwood Neighborhood Gardens, Neighbors Helping Neighbors Community Garden Project, NACCP Garden, 96 Mill Village Garden, St. Luke Center Community Garden, Eat Smart Move More York County Educational Community Garden, LowCountry Food Bank Community Garden, Allendale ESMM Community Garden, Georgetown Senior Center Community Garden)



The results for the Faith setting show that the “Active Living” objective, during all four quarters, accounts for almost half of what was accomplished in this setting in 2011. All objectives were reported throughout the year with the exception of “Educate Congregation,” which was not reported during the fourth quarter and accounts for the lowest overall number of reports. Also, the fourth quarter accounts for the lowest number of objectives reported. These results suggest that Faith may be a setting for promising achievements for physical activity policy and environmental changes. Also the results show that more efforts are needed to address healthy eating. Six out of the 22 active SCORES users contributed to the faith setting report at the end of 2011.

Most frequently reported Activities by OFA Objective

Active Living

1. Sponsor physical activity opportunities such as recreational sports teams, sports tournaments, and walking clubs for all age groups (n=6)
2. Create a trail or walking/bicycling route adjacent to the place of worship (n=5)

Healthy Eating

1. Establish healthy eating policies to include healthy food and beverage options during faith-based gatherings and events (n=7)
2. Establish a vegetable and/or fruit garden (n=2)
3. Establish and support a breastfeeding-friendly environment (n=1)

Establish/Sustain a Health Ministry

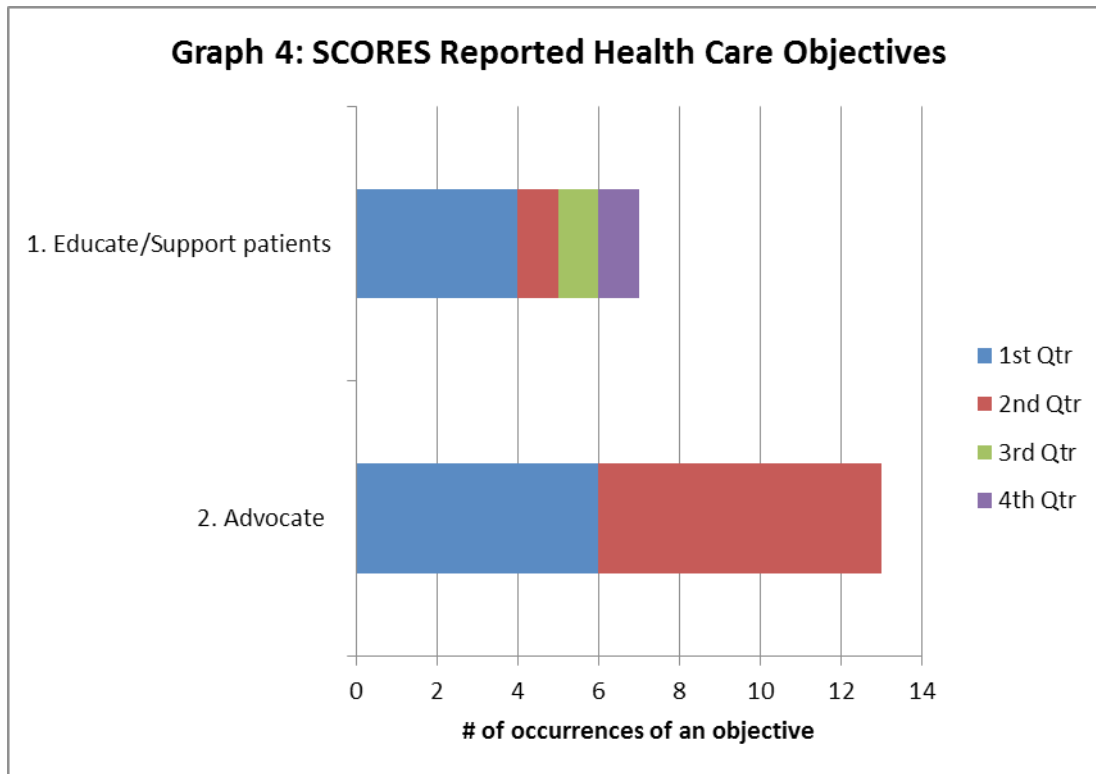
1. Convene stakeholders and champions (n=6)
2. Identify specific priorities regarding healthy eating, active living, and obesity prevention (n=1)

Educate Congregation

1. Establish and promote programming to address healthy eating, active living, and obesity prevention for all age groups (n=13)
2. Integrate the topics of nutrition, physical activity, and obesity prevention into existing programs (n=5)
3. Provide education on policy, systems, and environmental strategies to address healthy eating, active living, and obesity prevention (n=5)

Policy, Systems, and Environmental Changes Adopted

1. 2 – Faith based gardens (St. Matthew Baptist Church and Chicora Place Community Garden Project)
2. 1 – Breastfeeding-friendly environment (Clover Associated Reformed Presbyterian Church)
3. 1 – Group fitness class (Anderson Mountain Spring Baptist Church)
4. 1 – Revitalized walking trail and healthy eating environmental changes – (Fisher Hill Community Baptist Church)



The results for Health Care objectives show that this setting had the smallest contribution in SCORES in 2011. Even though the “Advocacy” objective was reported almost twice as often as the “Educate/Support patients” objective, there were no advocacy objectives reported after June 2011. Only 4 out of the 22 active SCORES users contributed to the report at the end of the year. These results suggest that stronger links for action and greater support to partners and staff might be needed in the Healthcare setting. Local coalitions together with DHEC staff have the opportunity to reassess needs and make opportune changes in the implementation of strategies to achieve greater contributions in the Healthcare setting in 2012.

Most frequently reported Activities by OFA Objective

Support to Patients

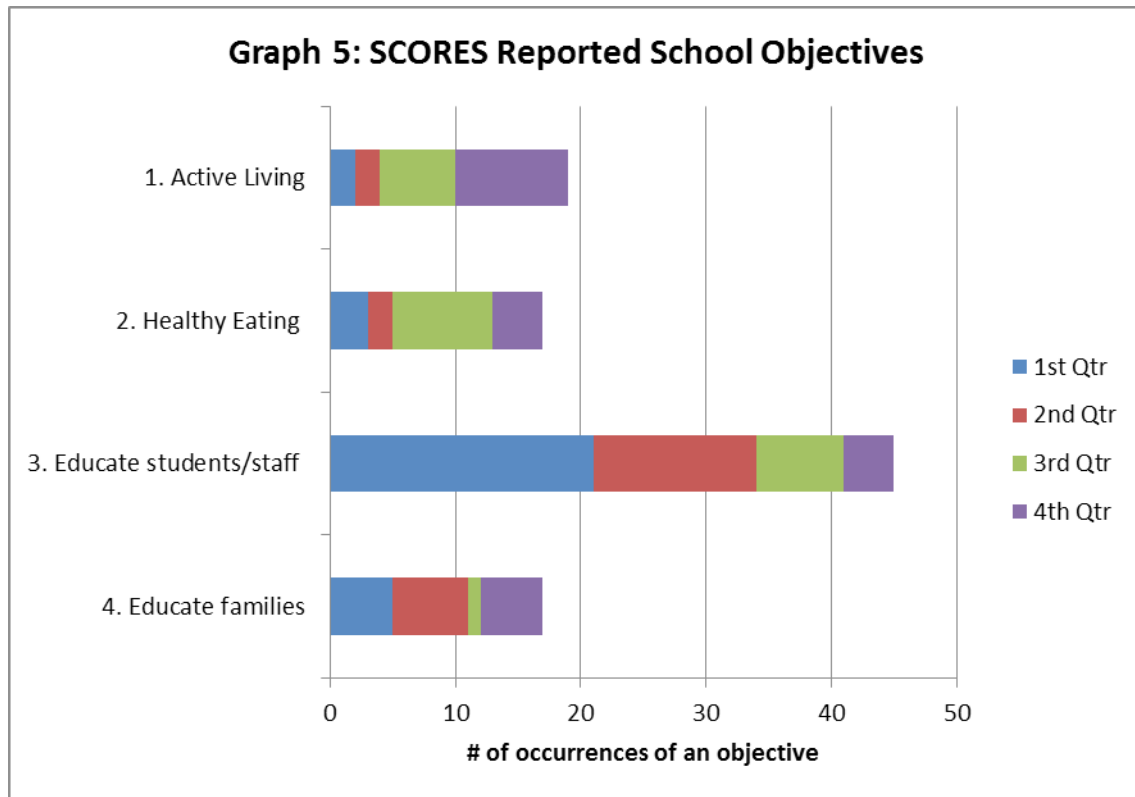
1. Provide routine screening of Body Mass Index (BMI) and BMI-for-age (n=5)
2. Provide routine assessment regarding patients’ activity and eating behaviors (n=5)
3. Provide guidance on healthy eating, active living, and obesity prevention (n=5)
4. Provide patients with community resources on healthy eating and active living (n=5)
5. Promote consistent messaging utilizing the Eat Smart, Move More SC 7 Healthy Tips (n=5)

Advocate

1. Serve as an advocate for ESMMS, a local ESMM chapter, or other local and/or statewide efforts to highlight the need for policy, systems, and environmental changes to address healthy eating and active living (n=12)
2. Advocate for baby-friendly hospitals and/or the incorporation of the UNICEF/WHO Ten Steps to Successful Breastfeeding (n=1)

Policy, Systems, and/or Environmental Changes Adopted

1. Greenville Hospital System University Medical Center has adopted the Motivational Interviewing training as a part of its curriculum.



The results for the School setting objectives reported in SCORES show that this setting accounts for the second greatest number of objectives reported in 2011, but still represents less than a third of the total reports across all settings. The “Educate Students and Staff” objective accounts for almost half of what was accomplished in the whole year. Almost a third of the “Educate Students and Staff” objective was reported during the first quarter. The “Healthy Eating” and “Active Living,” objectives contributed similarly to the annual report and were accounted for during all four quarters. The “Educate Families” objective was reported just once during the third quarter. This decrease after June 2011 could be related to limited contact with families during the end of the school year and the limitations to execute activities in this setting at the beginning of the school year. These results suggest that there is an opportunity to follow up with the “Students/Staff Education” activities carried out in 2011 for greater accomplishments for policy and environmental changes in 2012. Also, it is likely that enhanced planning and adaptation of OFA activities around the school year calendar is needed in order to maximize the possibility of implementing actions from August to May when the school audience (parents, teachers and students) is in most contact. The local coalitions have the opportunity to take advantage of the summer breaks to carry out advocacy and planning activities in order to implement actions more effectively during the school year. Nine out of the 22 active SCORES users contributed to the report at the end of the year. The School setting has contributed significantly to the Worksite results by reporting school/worksite activities of “Training of school staff on physical activity and the importance of modeling behaviors” and for “Establishing and/or sustaining a wellness committee among school staff to address healthy eating, active living, and obesity prevention.”

Most frequently reported Activities by OFA Objective

Active Living

1. Provide daily opportunities for structured and unstructured physical activity, to include physical education and active play (n=6)
2. Complete the “Physical Education and Other Physical Activity Programs” module of the School Health Index or the Alliance for a Healthier Generation’s Healthy Schools Program Framework Inventory to determine priority areas for improvements related to physical activity (n=5)

3. Provide various physical activity options that reflect the interests and diversity of students (n=4)
4. Implement a comprehensive Safe Routes to School Program (n=4)

Healthy Eating

1. Establish a vegetable and/or fruit school garden (n=25)
2. Provide healthy food options to include fresh fruits and vegetables, low-fat and fat-free dairy, whole grains, and lean proteins (n=14)
3. Complete the “Nutrition Services” module of the School Health Index or the Alliance for a Healthier Generation’s Healthy Schools Program Framework Inventory to determine priority areas for improvements related to healthy eating (n=4)

Educate Students & Staff

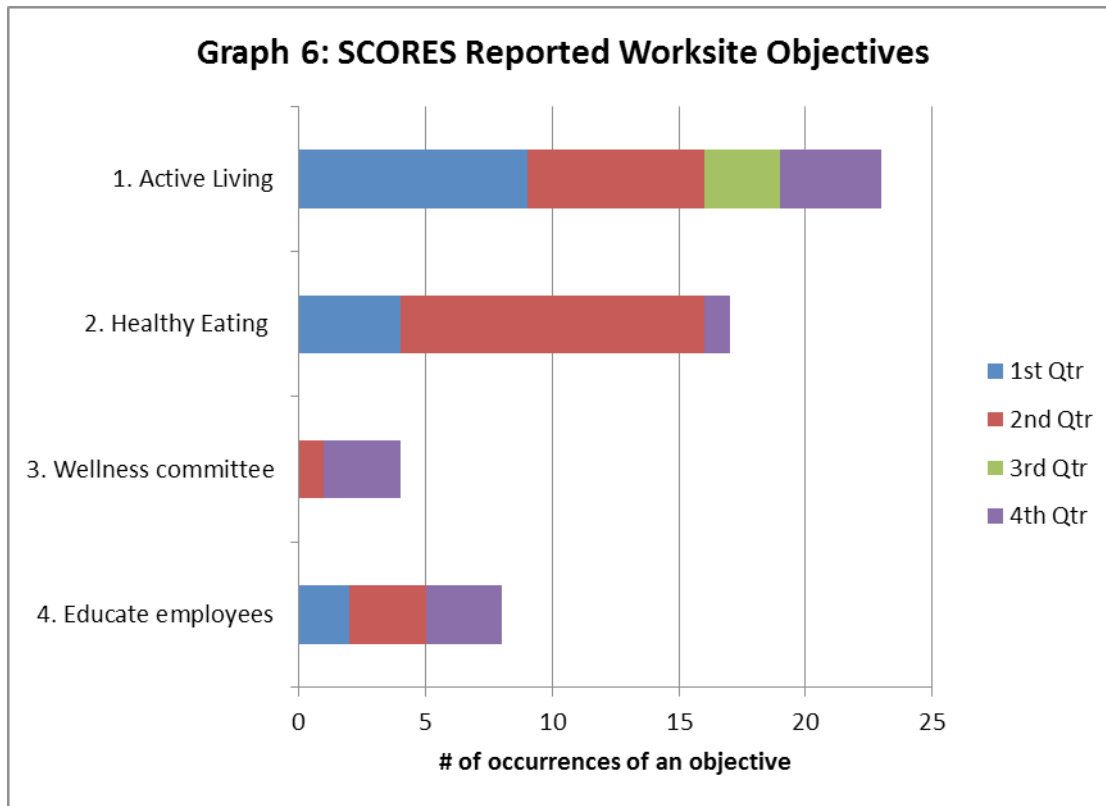
1. Implement developmentally and culturally appropriate physical activity and nutrition curricula, to include breastfeeding education (n=7)
2. Provide training to staff on physical activity, healthy food options, and the importance of modeling positive eating and activity behaviors (n=6)
3. Provide training on and implement a BMI-for-age screening program (n=4)

Educate Families

1. Provide families with tools and resources for healthy eating, active living, and obesity prevention (n=7)
2. Implement family activities that encourage healthy eating and active living, such as cooking demonstrations, school gardens, and family fun runs (n=6)
3. Provide consistent messaging utilizing the Eat Smart, Move More SC 7 Healthy Tips (n=4)

Policy, Systems, and/or Environmental Changes Adopted

1. Sidewalk repair as a result of integrating Safe Routes to School – (East End Elementary)
2. 13 – School Gardens (Chicora Elementary School Garden, Oakland Elementary Garden, Greenwood Early Childhood Center Garden, Pinecrest Elementary Garden, Merrywood Elementary Garden, Westview Middle School Garden, Matthews Elementary Garden, Charleston Area Children’s Garden Project, Angel Oak School Garden, Hursey Elementary School Garden Project, Metanoia Freedom School, Pinehurst Elementary School Garden, Woodfields Elementary Salsa Project)



The results for the Worksite setting show that the “Active Living” and “Healthy Eating” objectives account for the majority of what was accomplished in this setting in 2011. The only objective reported during the third quarter was “Active Living.” The “Wellness Committee” objective was by far the least reported objective throughout the whole year, and it was reported only during the second and fourth quarters. Only 5 out of the 22 active SCORES users contributed to the report at the end of the year. The Worksite contribution in the ESMM program area in SCORES seems to be linked to some schools developing a component for staff training and school wellness teams. The Worksite results showed a decrease in reported objectives during the third quarter. These results show an opportunity to improve the worksite contribution in 2012 by supporting the local coalitions to incorporate worksites and other influential organizations in their coalitions in order to reach more employees.

Most frequently reported Activities by OFA Objective

Active Living

1. Conduct a physical activity policy, systems, and environmental assessment to determine priority areas for improvements related to physical activity (n=5)
2. Sponsor physical activity opportunities and events such as walking clubs, sports tournaments, and recreational sports teams (n=3)
3. Enhance the worksite and surrounding area to encourage physical activity (n=2)

Healthy Eating

4. Conduct a food policy, systems, and environmental assessment to determine priority areas for improvements related to healthy eating (n=3)
5. Adopt policies to promote healthy eating among employees, such as providing healthy food and beverage options in the cafeteria and vending, and at meetings and catered events (n=1)

Establish/Sustain Wellness Committee

1. Identify specific priorities regarding healthy eating, active living, and obesity prevention (n=13)
2. Develop a plan of action to address healthy eating, active living, and obesity prevention through policy, systems, and environmental change (n=4)
3. Convene a diverse group of stakeholders and champions (n=4)

Educate Employees and Employers

1. Provide education on the economic costs of obesity and obesity-related chronic diseases (n=11)
2. Provide education on policy, systems, and environmental strategies to address healthy eating, active living, and obesity prevention (n=8)
3. Establish and promote programming to address healthy eating, active living, and obesity prevention (n=6)

Policy, Systems, and Environmental Changes Adopted

4. 1 – Water cooler purchased for staff lounge (Jerry Zucker Middle School of Science)

CONCLUSION

In order to gather more information regarding what communities are doing to create places for healthy eating and active living the DHEC Division of Nutrition, Physical Activity, and Obesity has provided training to expand the reach of SCORES. Although there is a significant amount of work being done to address healthy eating and active living in South Carolina, currently SCORES and reports such as this one are only a mere snapshot of statewide activity. The more people trained to be active SCORES users, the more information will be available to collect on a consistent basis.

All the progress made in 2011 is because of the hard work and dedication of many people. Please keep up the good work to make the healthy choice the easy choice!

RECOMMENDATIONS

To improve SCORES entries in the future please consider the following recommendations:

- Limit entering progress reports for ongoing policy, systems, and environmental change (PSE) initiatives to once per quarter.
- Ensure that a progress report of ongoing PSE change work keeps a consistent title from quarter to quarter.
- Classification of local level work into the OFA is not always easy. It is recommended to use OFA objectives and activities during the planning stage to identify the best and promising practices that will be the foundation of your work.
- *Action Descriptions* should be succinct explanations of the status of the specific activity selected for the Eat Smart Move More Program Area. It should describe how the activity is being implemented—not necessarily the tool/resource/strategy. For example, users should report the progress being made towards adopting a Complete Streets resolution rather than an explanation of what a Complete Streets resolution is intended to do.
- Ensure that policy, systems, or environmental changes are reported and described with the potential reach of the change in the “Policy and Environmental Change” section within SCORES.
- Some policy and environmental indicators being monitored in the *Evaluation Plan for the South Carolina Obesity State Plan* are listed below:
 - * Child Care centers with Farm to Child Care Programs
 - * Communities that have adopted Complete Streets policy
 - * Communities that create/revitalize trails, greenways, or parks
 - * Schools that enter into a joint-use agreement
 - * Schools implementing a comprehensive Safe Routes to School program
 - * Schools with Farm to School Programs
 - * Schools with a vegetable/fruit garden
 - * Schools serving as a Farm to School mentor.

For more information regarding this report, SCORES, or to provide feedback please contact Kristian Gordon at gordonkl@dhec.sc.gov